

704-487-4677  
www.hospicecares.cc



January 11, 2010

Dear Watchman Representatives:

Happy New Year! Hope you all had a wonderful Holiday. Here is your 1st Quarter Newsletter. Share this information with your congregation and let me know if you have any questions or need extra copies. This newsletter can be downloaded from our website at: [www.hospicecares.cc](http://www.hospicecares.cc). Please share this website with your church office and have them add us as a link. We can also email this to your church office so it can be easily inserted into your church newsletter or bulletin.

Also, enclosed is our first quarter "Wish List". There are two on a page as requested so it can be copied and used as a bulletin insert. You can make a monetary Watchman donation online at [www.hospicecares.cc](http://www.hospicecares.cc) and put "Watchman Church Donation" with your information in the comment box.

Our next Watchman Meeting will be **Thursday, February 11th, 2010 at noon** in the **Hospice Conference Room**. Please call me at 704-487-4677 ext. 168 with the number attending no later than Friday, February, 5th 2010.

Hospice Cleveland County offers a number of opportunities for volunteer involvement, including direct contact with patient/families, assisting in the office, or working at Wendover, our inpatient/residential facility. Please help us by recruiting members of your congregation that would like to help. If you are interested in hosting a class or have members interested in participating, please contact Krista Haynes, Volunteer Services Coordinator, at 704-487-0800 ext. 120.

We would like to hear from you! If you have comments or suggestions, please do not hesitate to call me. Thank you for all that you do for Hospice Cleveland County. We could not exist to provide compassionate care and support to families in need without your help.

Sincerely,

Pam Isaacs  
*Director of Community Outreach*

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951 Wendover Heights Drive • Shelby, North Carolina 28150  
Hospice: 704-487-4677 • Fax: 704-481-8050 • Wendover: 704-487-7018  
[www.hospicecares.cc](http://www.hospicecares.cc)

Peace. It doesn't mean to be in a place where  
there is no noise, trouble, or hard work.  
It means to be in the midst of those things  
and still be calm in your heart.



"The Watchman Program" – *A Faith In Action Program*  
Hospice Cleveland County  
951 Wendover Heights Drive  
Shelby, NC 28150

**ADDRESS SERVICE REQUESTED**



Joint Commission  
On Accreditation of  
Healthcare Organizations





## Upcoming Events

### “Reflections”

*This grief support group meets for six weeks in the morning and is most beneficial if all sessions are attended. Free and open to anyone that has lost a loved one.*

**Thursdays: January 7, 14, 21, 28,  
February 4 and 11, 2010  
10:30am – 12:00pm  
Hospice Cleveland County**

### Memory Bear Workshop - Date Change!!

*Participants will have the opportunity to make a teddy bear out of a loved one's shirt or other article of clothing. Children are welcome if accompanied by an adult. Please RSVP to ext. 166 if you plan to attend*

**Thursday, March 18th, 2010  
9:00am - Noon and 4:00pm - 7:00pm  
Hospice Cleveland County**

### “Reflections”

*This grief support group meets for six weeks in the evenings and is most beneficial if all sessions are attended. Free and open to anyone that has lost a loved one. Please RSVP to ext. 166 if you plan to attend*

**Tuesdays: March 2, 9, 16, 23, 30,  
April 6, 2010  
5:30pm – 7:00pm  
Hospice Cleveland County**

### Hospice Foundation of America's

#### 17th Annual Living With Grief Teleconference: “Cancer and End-of-Life Care”

*This year Hospice Foundation of America's 17th Annual Living With Grief Teleconference focuses on “Cancer and End-of-Life Care.” The teleconference will address care options related to cancer diagnoses as well as loss and grief reactions for patients, families and professional caregivers. The teleconference will also examine psychosocial aspects of cancer, pain management, and ethical issues related to the disease. The program will be moderated by Frank Sesno, Director of the School of Media and Public Affairs at The George Washington University.*

*If you are interested in attending, please contact Kim Strange, Director of Grief Services, at 704-487-0800 ext. 166.*

**Wednesday, March 24, 2010  
1:30pm - 4:00pm  
Hospice Cleveland County**

### Camp Mostly Smiles

*This is a one-day retreat for children ages 6 – 16 who are grieving the loss of a loved one. Participants will have the opportunity to express their grief through writing, crafts, play activities and group discussions. Professionals who are trained in grief and loss will facilitate the retreat.*

**Saturday, May 1, 2010  
9:00am - 3:00pm  
Hospice Cleveland County  
Administrative Office Building**

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### *Hospice Cleveland County*

## *First Quarter Wish List Items:*

- Single serving containers of soup, Jell-O pudding, apple sauce, adult pull-ups, 7-day pill planners (one chest for each day of the week with removable compartments for morning, noon, evening and bedtime), bird seed and bird feeders, disposable razors, nail polish & nail supplies, hard candy (regular & sugar-free), dish cloths, laundry detergent for homecare patients.
- Monetary donations to purchase nutritional beverages and help with emergency needs (energy assistance, funeral expenses, etc).
- Snack items for Bereavement Support Groups (chips, Little Debbie cakes, nuts, goldfish crackers, large round crackers for dips, canned sodas – diet & regular, etc...). Kleenex, small paper dessert plates, cups, napkins, cutlery sets, serving utensils. Large photo albums, blank journals, sewing scissors, sewing threads and needles, large bags of pillow stuffing, baby wipes, magazines (especially sports), stickers and glitter.
- Sandwich meats, loaf bread, coffee, creamer, tea bags, salt & pepper, canned sodas (diet & reg.), Gingerale, individually wrapped snack items (chips, granola bars, Little Debbie cakes, microwave popcorn) used in the Wendover family kitchen. CD Players for patient rooms. Children's toys for playroom at Wendover.
- Dryer sheets, liquid laundry detergent, bleach, hand soap, Kleenex, dishwasher and dish detergent for Wendover.
- Individuals or musicians are needed to provide music/friendly visiting for our Wendover patients and families during the months of January, February and March.

*Thank you in advance for your help and support of Hospice Cleveland County!*

*Please contact Pam Isaacs, Director of Community Outreach, with any questions you may have: 704-487-4677.*

1/04/10

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1/04/10

***Thank you to the following churches and representatives who donated through  
“The Watchman Program” for October, November and December 2009.***

- **Aldersgate United Methodist** – Hot chocolate, monetary donation for Holiday Meals.
- **Bethlehem Baptist (Evelyn Brown Mission Group)** – Bird seed, snacks, paper products, candy.
- **Central United Methodist** – Razors, nail kit, photo album, calendar, fruits, cookies, crackers, candy, tea, glitter, Kleenex, Depends, journals, lotion & hygiene items, snack packs of Jello, crackers, candy, popcorn, coffees, cider, chocolate syrup, cards and decorations, CD’s, soaps, tea bags.
- **Charity Baptist** - Monetary donations for whatever is needed. Jello, pudding, crackers, cookies, snacks, magazines, monetary donations for Holiday meals, 21 bags of mixed fruit and candy.
- **Cherryville Missionary Methodist** - Kleenex, crackers, other items. Monetary donation in memory of Matthew S. Barber from Pat Beckham, miscellaneous items.
- **Christopher Road Baptist** – Meals for homecare patients.
- **Crestview Baptist** – Monetary donation, flatware, condiment trays and bowls, hand sanitizer, pill boxes, paper products.
- **David Baptist** – Toiletry baskets for patients.
- **David Baptist (Joy Seniors)** – Snacks, drinks, Little Debbie cakes.
- **El Bethel United Methodist** – Monetary donation for whatever is needed.
- **Elizabeth Baptist (Joyce Roberts Sunday School Class)** - Monetary donations for Holiday Meals.
- **Elizabeth Baptist** - Monetary donation to use for whatever is needed.
- **Elizabeth Baptist (John Spake)** – Ribbon for bereavement.
- **Ellis Chapel Baptist (Senior Mission)** – Napkins, bleach, soap, cups.
- **Eskridge Grove Baptist** – Oatmeal packs, grits, hot chocolate, Clorox, and Kleenex.
- **First Baptist – Kings Mountain** – Monetary donation for whatever is needed.
- **First Baptist – Lawndale** – Kleenex, paper towels, soap, hand lotion, diapers, toothbrushes, deodorant.
- **First Baptist – Shelby** – Snack items.
- **First United Methodist – Lawndale** – Food & cookies.
- **Flint Hill Baptist** – Monetary donation in memory of Ed Session for Nutritional Beverages.
- **Flint Hill Baptist (Fellowship Sunday School Class)** – Monetary donation in memory of Ed Session.
- **Friendly Chapel Baptist (Women’s Class)** – Snacks, plates, cups, Kleenex, chips, popcorn, pudding cups.
- **Hoey Methodist** - Monetary donation for whatever is needed.
- **Kadesh Methodist** – Snacks, coffee and creamer. Monetary donation for whatever is needed.
- **Kings Mountain Baptist** – Snacks, popcorn, plates, cups, napkins, detergent, Lysol wipes, dryer sheets, dish detergent, bleach, Kleenex.
- **Lawndale Missionary Methodist** - Monetary donation for Nutritional Beverages.
- **Mt. Calvary Baptist** – Jello, pudding, napkins, cups, bowls, silverware
- **Mt. Sinai Baptist** – 4 packs of protective underwear and Monetary donation.
- **Mt. Zion Baptist Cherryville (Bethany Sunday School Class)** - Kleenex, snacks, toilet paper, candy, etc.
- **New Bethel Baptist (Red Hens & Pink Chicks)** – Snacks, paper products, pudding, applesauce, Hi C juices and popcorn. Monetary donation for Nutritional Beverages.
- **Normans Grove Baptist (Ladies Adult Class #1)** – Fruit cups, microwave popcorn, Monetary donations for Holiday Meals, Monetary donations for wherever is needed.
- **Normans Grove Baptist** – Monetary donations for whatever is needed, Gift card and coupons.
- **Pleasant Grove Baptist (Adult Class #7)** - Monetary donations for whatever is needed.
- **Pleasant Ridge Baptist (Doers Sunday School Class)** – Monetary donation in memory of Wallace Horne.
- **Poplar Springs Baptist (Gracie Bishop Sunday School Class)**- Monetary donation to use for whatever is needed.
- **Poplar Springs Baptist – (Carolyn Bess)** – Monetary donation to use for whatever is needed.
- **Poplar Springs Baptist (Faithel Carpenter)** – Monetary donation in memory of Beulah Pendleton.
- **Poplar Springs Baptist** – Monetary donation to use for whatever is needed.
- **Putnam Memorial Baptist** - Monetary donation for Holiday Meals.
- **Ramsuer Baptist** – Monetary donation to use for whatever is needed.
- **Ross Grove Baptist** - Monetary donations for whatever is needed. Snacks, paper products, soups, oatmeal and pop tarts
- **Sandy Run Baptist** – Snacks
- **Sandy Run Baptist (Adult 1 Sunday School Class)** - Monetary donation for Holiday Meals.
- **Shoal Creek Baptist (Barbara Whitesides)** – Briefs
- **Shoal Creek Baptist (Senior Missionary)** – Snacks & chips.
- **Saint Peters United Methodist** – Paper products.
- **Vestibule A.M.E. Zion Church** - Monetary donation for whatever is needed.
- **Vestibule A.M.E. Zion Church (Missionaries)** - Kleenex, snack pack pudding, cracker bites, snack crackers, applesauce, fruit cup, orange juice, grits, 2 sets of silverware, oatmeal, and popcorn.
- **Zion Baptist Church** – Case Little Debbie cakes, books, napkins, small plates, Jello and pudding snacks. Foam plates, small bowls, assorted chips, assorted snacks, candy, Dawn. Monetary donation for Holiday Meal in Honor of Veva C. Gold, Becky Dorsey, and Brenda Wellman..

# *Opportunities for Involvement at Wendover Hospice Cleveland County*



- Friendly visiting patients and families; make cards, read, play games, perform a skit, puppet show, sing, play an instrument (there is a piano at Wendover) etc.
- Bake cookies in the family kitchen and deliver to patients and families. (The kitchen is stocked with pans, utensils, plates and napkins.) The cabinets are labeled. Cookies are always a hit!!! And they make the whole building smell wonderful!
- Decorate hearts near Valentine's Day for each patient (14) and deliver them to each room.
- Make "Thinking of You" posters to decorate patient rooms/doors. Use poster board, magic markers, glitter etc. It's best **not** to put "Get Well Soon" on these posters.
- Supply individually wrapped snack items (such as Little Debbie cakes and crackers), canned sodas, and juice for the family kitchen.
- Fold laundry; empty trash cans, clean and organize the family kitchen; organize the children's activity room, sweep porches and patios, refill birdfeeders; refill birdbaths and water fountains.
- Deliver ice and water and/or meal trays to patients' rooms.  
(Meal times: 8:00am-breakfast, noon-lunch, 5:00pm-dinner.)
- Water plants inside patients' rooms, hallways, and patio areas.  
(This is a huge help, especially in the summer!!!)
- Journaling/scrapbooking

**Note:** Unless the volunteer has been through the training class, they are not allowed into the patient kitchen. When dispensing ice or meal trays, the volunteer will need to stand outside the kitchen and let the staff hand them what they need. Anyone emptying trash from patient rooms will need to wear gloves.

We also need assistance with our Memory Bears Workshop if you know of individuals who can sew and would be willing to help.

Please contact the Director of Community Outreach at 704-487-0800, extension 168,  
for more information and/or to volunteer.

We **sincerely appreciate** your time and energy!

***Hospice Cleveland County exists to provide high quality skilled  
compassionate care and support for patients with a life-limiting illness,  
their families, and the community regardless of ability to pay.***

Members of our staff are available to facilitate professional in-services, workshops, and presentations. Our programs usually last from thirty minutes to two-hours, however, we would tailor any of the following subjects to meet your needs. Please contact our agency for more information or to schedule a program for your church, civic group, community club, or business.

- ***Dealing With Grief and Loss***
- ***Pain & Symptom Management***
- ***Hospice 101***
- ***Palliative Care Services***
- ***How To Make A Hospice or Palliative Care Referral***
- ***Stress Management***
- ***Advanced Directives (Living Will & Health Care Power-of-Attorney)***
- ***Hospice In The Nursing Homes***
- ***Hospice In The Hospital***
- ***"The Watchman Program – A Faith in Action Program"***
- ***How To Become a Hospice Volunteer***
- ***Signs & Symptoms Of Imminent Death***
- ***Goals Of Care***
- ***Spiritual Issues At The End Of Life***
- ***Complementary Therapies (music, massage, art, and pet therapies)***
- ***Medicaid/Medicare/Private Insurance Coverage For Hospice Care***
- ***Comfort Touch (techniques to soothe)***
- ***Loss In The Four Dimensions (emotional, spiritual, mental, physical)***
- ***Resolving Conflict Through Effective Communication***
- ***Coping With The Holidays After The Death Of A Loved One***
- ***Remembering With Less Pain***
- ***Understanding Children's Grief***

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